



## What Job Is Right For You? Assess Your Interests!

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One of the best ways to explore careers is by taking an assessment of your skills, interests, and values. By completing this activity, you will have an interest profile that matches you with different career areas.

### **Step 1:**

Read each statement on the Assessment form provided in this activity. **If you agree, fill in the corresponding circle.** Otherwise, leave it blank.

Source: *Resources For Recruiting in Nontraditional Careers*, Minnesota State Colleges and Universities, 2001.

### Assessment of Skills and Interests

<i>I like to...</i>						
...do puzzles		<input type="radio"/>				
...work on cars	<input type="radio"/>					
...work independently			<input type="radio"/>			
...work in teams				<input type="radio"/>		
...organize things like files, offices, or activities						<input type="radio"/>
...set goals for myself					<input type="radio"/>	
...build things	<input type="radio"/>					
...read about art or music			<input type="radio"/>			
...have clear instructions to follow						<input type="radio"/>
...influence or persuade people					<input type="radio"/>	
...do experiments		<input type="radio"/>				
...teach or train people				<input type="radio"/>		
...help people solve their problems				<input type="radio"/>		
...take care of animals	<input type="radio"/>					
...have my day structured						<input type="radio"/>
...sell things					<input type="radio"/>	
...do creative writing			<input type="radio"/>			
...work on science projects		<input type="radio"/>				
...take on new responsibilities					<input type="radio"/>	
...heal people				<input type="radio"/>		
...figure out how things work		<input type="radio"/>				
...put things together or assemble models	<input type="radio"/>					
...be creative			<input type="radio"/>			
...pay attention to detail						<input type="radio"/>
...do filing or typing						<input type="radio"/>
...learn about other cultures				<input type="radio"/>		
...analyze things like problems, situations or trends		<input type="radio"/>				
...play instruments or sing			<input type="radio"/>			
...dream of starting my own business					<input type="radio"/>	
...cook	<input type="radio"/>					
...act in plays			<input type="radio"/>			
...think things through before making decisions	<input type="radio"/>					
...work with numbers or charts		<input type="radio"/>				
...talk about issues like politics or current events				<input type="radio"/>		
...keep records of my work						<input type="radio"/>
...be a leader					<input type="radio"/>	
...work outdoors	<input type="radio"/>					
...work in an office						<input type="radio"/>
...work on math problems		<input type="radio"/>				
...help people				<input type="radio"/>		
...draw			<input type="radio"/>			
...give speeches					<input type="radio"/>	
	<b>R</b>	<b>I</b>	<b>A</b>	<b>S</b>	<b>E</b>	<b>C</b>

### Assessment of Skills and Interests (continued)

#### Step 2:

Adding the columns from the previous page, record the number of filled circles for each letter below.

R	=	Realistic	Total: _____
I	=	Investigative	Total: _____
A	=	Artistic	Total: _____
S	=	Social	Total: _____
E	=	Enterprising	Total: _____
C	=	Conventional	Total: _____

#### Step 3:

The three letters with the highest scores make up your “Interest Profile.” Record your profile below.

_____	_____	_____
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#### Step 4:

Below are descriptions for each interest code. Take a minute and read the descriptions for the codes in your interest profile.

*Realistic:* Realistic people are often good at mechanical or athletic jobs. They like to work with things, like machines, tools or plants, and they like to work with their hands. They are often practical and good at solving problems.

*Investigative:* Investigative people like to watch, learn, analyze and solve problems. They often like to work independently, tend to be good at math and science, and enjoy analyzing data.

*Artistic:* Artistic people like to work in unstructured situations where they can use their creativity and come up with new ideas. They enjoy performing (theater or music) and visual arts.

*Social:* Social people like to work directly with people rather than things. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

*Enterprising:* Enterprising people like to work with other people; they particularly enjoy influencing, persuading and performing. They like to lead and tend to be assertive and enthusiastic.

*Conventional:* Conventional people are very detail-oriented and like to work with data. They have good organizational and numerical abilities and are good at following instructions. Conventional people also like working in structured situations.

#### Step 5:

Now it's time to link your assessment results to occupational information that closely matches your interest profile.

### Assessment of Skills and Interests (continued)

Look at the letters from your interest profile in step 3 and match them to the interest codes below. Underneath each code is a list of occupational groups that are often selected by people who share your interests.

#### R–Realistic

- Ag & Natural Resources
- Assistants (Health)
- Computers
- Construction
- Engineering
- Fine & Performing Arts
- Food & Hospitality
- Health Technicians
- Mechanic & Machinists
- Personal & Protective
- Production Therapists

#### I–Investigative

- Caregivers
- Computers
- Engineering

#### A–Artistic

- Communications
- Education
- Fine & Performing Arts

#### S–Social

- Assistants (Health)
- Caregivers
- Education
- Law & Social Services
- Personal & Protective
- Therapists

#### E–Enterprising

- Banking & Finance
- Clerical
- Food & Hospitality
- Management
- Sales

#### C–Conventional

- Banking & Finance
- Clerical
- Health Technicians
- Management
- Sales

#### R and I

- Engineering
- Computers

#### R and A

- Fine & Performing Arts

#### R and S

- Assistants (Health)
- Personal & Protective
- Therapists

#### R and E

- Food & Hospitality

#### R and C

- Health Technicians

#### I and S

- Caregivers

#### A and S

- Education

#### A and E

- Communications
- Fine & Performing Arts

#### S and E

- Law & Social Services

#### E and C

- Banking & Finance
- Clerical
- Management
- Sales

#### Remember...

An assessment isn't always right! Just because it says you should be an architect doesn't mean you have to be one. Assessments are only one way to begin thinking about careers. and this interest assessment is only one example. Others measure different aspects of your personality.